5

## **ABSTRACT**

A combination ring and object holder with an integral spring is designed to secure and retain an object, such as a lollipop. The combination ring and object holder includes a ring, preferably fabricated from plastic, with a substantially flat upper surface to which a spring is secured, and further includes a coupling member secured to the opposite end of the spring which preferably defines a central opening in the upper surface thereof for receiving and retaining an object.